

## **PERSONAL STRESS NAVIGATOR: A Valuable Tool for Stress Management**

### **Conquering Stress:**

Knowing what causes stress is the first step to overcoming it. The more you know about stress and how it affects you, the better off you will be. Learning about it is easier than ever with the new Personal Stress Navigator self-assessment offered to all BNL employees and their family members through the Cigna Behavioral Health EAP website. This online assessment provides detailed information about the causes of your stress and recommends specific steps you can take to control it.

You'll receive an individualized stress management plan, including a way to measure stress and understand the symptoms and sources of your stress. It also helps you understand your own personal susceptibility to becoming overly stressed and helps you develop skills to better control stress.

### **How it works:**

You complete a 30 to 40 minute online Stress Assessment Tool to determine your individual stress levels and areas of concern. Questions cover a variety of topics such as daily frustrations, frequent demands at home & work, and personal or financial hardships.

At the end of the assessment, you will receive a *customized* report with information on healthy ways to manage your stress. Your individual plan will include actions to help alleviate the causes of your stress, enabling you to begin taking charge of your health while reducing stress and enhancing your ability to handle the demands of both home and work.

The insight you gain with this assessment will guide you in making small, but important, daily decisions that help you get where you want to go in life. This self-knowledge helps you keep your sense of direction and assists you in charting your lifelong course of physical and psychological well-being.

Some people respond to stress with unhealthy behaviors like overeating, tobacco use, or reliance on alcohol and/or drugs. Others may become distracted at work, impairing their performance. Unresolved stress also affects your sleep and many people abuse alcohol, prescription drugs as well as over the counter drugs in order to get restorative sleep. Unfortunately, these substances can create more serious sleep issues, most notably sleep apnea, in vulnerable individuals. Left undiagnosed, sleep apnea has a hand in the creation of high blood pressure and stroke. If you would like to be screened for possible sleep apnea, the EAP at BNL is a place to begin. We offer screening, location of community resources and referrals to appropriate medical personnel. Call X4567.

### **Where to Find "Personal Stress Navigator:"**

**Go to:** [www.cignabehavioral.com](http://www.cignabehavioral.com)

**Click onto:** Member, Logon using Employer ID: bnl, Password: employee

**Select:** "Take a Self-Assessment"

**At the top of the page, select:** "Personal Stress Navigator"